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and lower cost render them more economical than most animal foods in common use. To buy the same quantity of proteins, disregarding the fat or oil, in various foods in common use would cost as follows:¹

	Cents.
Canned salmon, chum, per can-----	0. 15
Canned salmon, pink, per can-----	. 20
Smoked ham, 1.4 pounds, at 38 cents-----	. 53
Chicken, average, 1.4 pounds, at 42 cents-----	. 59
Mutton, leg, 1.3 pounds, at 45 cents-----	. 59
Sirloin steak, 1.3 pounds, at 50 cents-----	. 65
Eggs, ordinary, 1 dozen, at 68 cents-----	. 68
Eggs, strictly fresh, 1 dozen, at 95 cents-----	. 95

The two kinds of canned salmon, pink and chum, contain more tissue-building material, weight for weight, than the other foods listed, but they have less fat. They are as digestible as the best of meats, there is no waste, and nothing has to be thrown away except the can.

They have another virtue. Fresh meats spoil quickly in the home: Canned salmon will keep indefinitely if unopened. Moreover, it is ready for immediate use, or it may be cooked in a variety of ways if desired.

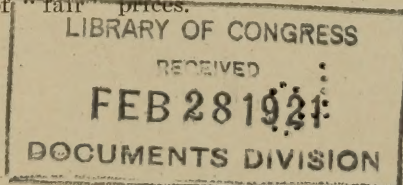
BRIEF LIFE HISTORY.

There are five species of Pacific coast salmons, all used in the canning industry and all having the same general life history. They all spawn in fresh water, but the young run down to sea, sooner or later according to the species, where they flourish on the abundant food supply and grow with astounding rapidity. The pink and chum salmon are alike in undertaking their seaward migration almost immediately after working their way out of the gravel of the spawning beds, but they differ in the length of their lives in the sea. Pink salmon normally return to their parent streams when in their second year, while most chums are 4 years old when they come back, though some may be in either their third or fifth year. Both species return to fresh water solely for the purpose of spawning, usually each fish to the stream in which it was hatched, and having spawned once they die. The whole generation is exterminated after providing its successor. It is on this return migration, when the fish are full grown and fat from their feasting in the sea that most of them are taken for canning purposes.

CANNING OPERATIONS.

Salmon canneries make extensive use of labor-saving machinery, which not only makes it possible to pack vast quantities of the fish during the brief period of the runs, but adds to the quality and sanitation of the product by almost entirely avoiding contact with human hands and clothing. Nothing is added to the fish excepting sufficient salt for seasoning. The processes employed in packing pinks and chums are in all respects the same as those used on the more expensive kinds, and they are therefore equally wholesome.

¹ The quotations are averages prevailing in Washington, D. C., Nov. 8, 1920, and are not cited as examples of "fair" prices.



The magnitude of the industry is not generally appreciated. In 1919 the total pack was 7,999,111 cases, or 390,957,328 one-pound cans. Of these, over 116,000,000 cans were pink salmon and nearly 114,000,000 cans were chums.

RECIPES.

STEAMED DISHES.

1. *Salmon en casserole*.—Cook 1 cup of rice; when cold line baking dish. Take 1 can of salmon and flake, beat 2 eggs, one-third cup of milk, 1 tablespoonful of butter, pinch of salt, dash of paprika. Stir into the salmon lightly, cover lightly with rice. Steam one hour, serve with white sauce.

2. *Salmon in mold*.—One can of salmon; 3 eggs beaten light; one-half cup of fine bread crumbs; salt, cayenne, parsley; 4 tablespoonfuls melted butter; remove oil, bones, and skin from the fish; mince fish fine; rub in butter until smooth; add crumbs to the beaten eggs; season fish; add eggs and crumbs; put in a buttered mold and steam one hour; serve with sauce.

3. *Salmon supreme*.—Drain liquor from 1 can of salmon; remove bones and skin; chop fine; rub into it until smooth 4 tablespoonfuls of melted butter; season with salt, pepper, 1 tablespoonful minced parsley, and 3 tablespoonfuls chopped celery; beat 4 eggs well, and add one-half cup rolled cracker crumbs; mix all well together; pack into buttered mold; steam one hour. When done turn out on a heated platter, surround with peas (seasoned and drained), and serve with following sauce: Melt 1 tablespoonful butter; rub into it 1 tablespoonful of cornstarch; add slowly 1 cup hot milk, the salmon liquor, salt, pepper, and tomato catsup to suit taste; stir until smooth and thoroughly cooked; serve in separate dish.

BAKED DISHES.

4. *Timbales of salmon*.—One can of salmon; 4 hard-boiled eggs; 3 eggs; salt; pepper; lemon juice; white sauce; parsley; flake canned salmon into bits, removing all bones and skin; rub the yolks of 4 hard-boiled eggs to a paste, and stir them into the minced fish; mince the white of the eggs as fine as possible, and stir them into the salmon mixture; season with salt, white pepper, and lemon juice, with a dash of cayenne; beat the mixture into the well-beaten yolks of 3 eggs; add the whites of eggs beaten stiff; pour into buttered nappies or timbale cases; set these in pan of boiling water and bake about 25 minutes; turn out on hot platter; pour about the timbales a white sauce, into which chopped parsley has been stirred.

5. *Salmon loaf*.—One small can of salmon; 1 cup of cracker crumbs; 1 egg; 2 tablespoonfuls of sweet milk; small amounts of nutmeg, paprika, salt; remove bones from salmon, break into small pieces, add well-beaten egg, seasoning, and cracker crumbs; bake in a well-buttered dish for 15 minutes; serve hot for lunch.

6. *Salmon loaf with rice*.—One can of salmon; 2 cups hot boiled rice (1 cup before being cooked); 2 eggs beaten; 2 tablespoonfuls melted butter; juice of half a small lemon; salt and pepper to taste; add liquor from salmon can and mix ingredients lightly with a fork; bake in a covered pan set in water one hour in a moderate oven; serve with tomato sauce made by straining and slightly thickening a cup of canned tomatoes well seasoned. Peas, either fresh or canned, may be used instead of the rice, in which case serve with a cream sauce.

7. *Baked salmon loaf*.—One can salmon, 1 pint of mashed potatoes, 1 cup browned cracker crumbs, 2 cups of parsley sauce. Grease a good-sized mold with butter, sprinkle with cracker crumbs, and line with mashed potatoes. Drain oil from salmon and remove skin and bones. Season with pepper and salt and pack in mold. Cover with potatoes and then cracker crumbs, put a few pieces of butter on top, and bake one-half hour in fairly hot oven. Turn out and pour parsley sauce over.

8. *Baked canned salmon*.—Take off skin from a fine canned salmon steak. Lay in a small granite baking pan and sprinkle with a little pepper and salt and minced parsley. Over the salmon place an inch-thick layer of well-seasoned and beaten mashed potato, shaping to conform to a slice of fish. On top put

buttered and seasoned fine bread crumbs. Bake half an hour in a hot oven, basting once in a while with a little butter and cream that the salmon may not dry out. Place carefully on a platter and pour around the steak a cream gravy.

9. *Salmon cakes (German)*.—To 1 small can of salmon add 1 pint of mashed potatoes, prepared as for table use; add 1 beaten egg, 1 tablespoonful of melted butter, salt and pepper to taste (if too dry add a little milk); make into flake cakes; place in buttered pan. Brown in hot oven.

10. *Salmon patties*.—Line individual patty pans with a rich paste; put alternate layers of salmon forcemeat and mashed potatoes into them until the pans are filled, having the mashed potatoes on top; bake one-half hour and serve hot. Prepare the forcemeat for the above as follows: Take 1 can of salmon, 1 cupful of fine bread crumbs, the beaten yolks of 2 eggs, 1 tablespoonful of butter, 1 teaspoonful of salt, 1 tablespoonful of chopped parsley, 1 tablespoonful of grated onion, and 1 cupful of milk; cook together for 5 minutes, stirring carefully.

11. *Baked salmon on pepper cases*.—One can of salmon, 8 green peppers, crackers, butter, etc. Remove skin and bones from 1 can of salmon, season with salt and pepper and onion juice. Mix with an equal quantity of cracker crumbs moistened with butter, or left-over stuffing can be used instead. The mixture should be quite moist; if not, add a little milk. Cut lengthwise 8 sweet green peppers, remove seeds, parboil 5 minutes, and fill with fish. Put in baking pan, surround pan with hot water, and cook until cases are soft, but not broken.

12. *Baked creamed salmon with spaghetti*.—One can of salmon, one-half pound of spaghetti broken fine, butter size of egg, 1 pint of milk, 2 eggs. Boil spaghetti in salted water until tender, drain in a colander, and pour cold water through it; grease baking dish and put layer of spaghetti, layer of salmon, bits of butter and pepper; continue until all is used. Beat eggs, add milk, and pour over and bake 45 minutes. Serve with or without white sauce.

13. *Deviled salmon*.—One can of salmon, 2 eggs, flour, milk, butter, spices, potatoes. Mince 1 can of salmon after removing skin and bones, add the yolks of 2 hard-boiled eggs finely mashed, a little minced parsley, season with salt and pepper and 1 tablespoonful of lemon juice. Make a thick sauce of 1 tablespoonful of butter, 1 tablespoonful of flour, and two-thirds cup of milk. Pour sauce over salmon, and mix. Butter baking dish, fill with mixture, and cover with meringue of mashed potatoes; dot with bits of butter and brown in oven.

14. *Potted salmon à la Hebrew*.—Scald and drain 3 cans of salmon; remove the skin and bones; rub together in a bowl one-half saltspoonful of paprika, one-half teaspoonful of mace, and 1 level teaspoonful of salt; mix half of this spice mixture with the salmon and place it in an earthen baking dish. Wash free from salt one-half pound of butter; put half of it over the salmon, and 1 clove of garlic sliced thinly; cover and bake one-half hour. Remove the salmon onto a platter; now put the remainder of the washed butter into the baking dish and set aside until the salmon is cold; then add the remainder of the spice mixture to the salmon, and another clove of garlic, peeled and mashed; rub the salmon until smooth, then pour the contents of the baking dish over it and mix well. Pack into small jars, and it will be ready for use in 24 hours. Covered with melted paraffin or suet, it will keep in a cool place for weeks.

15. *Salmon turnovers*.—One can salmon, 1 can peas, remove liquid and bones from salmon. Roll out a disk of shortcake dough about 6 inches across. Fill with 1 tablespoonful of salmon, 1 tablespoonful of peas, a little salt and pepper, bits of butter. Moisten the edges with cold water, turn over, and press together with a fork. Bake in moderate oven until delicate brown.

16. *Salmon soufflé*.—Separate 1 can of salmon into flakes; season with salt, paprika, and lemon juice. Cook one-half cup of soft stale bread crumbs in one-half cup of milk 10 minutes and add to salmon; then add the yolks of 3 eggs beaten until thick and lemon-colored, and cut and fold in the whites beaten stiff and dry. Turn into a buttered baking dish and bake until firm.

17. *Salmon soufflé*.—Drain and remove the skin and bones from 1 can of salmon; dissolve 2 tablespoonfuls of cornstarch in three-fourths cup of cold milk; add 1 tablespoonful of butter to the milk; season with salt and pepper, and stir over fire until thick and smooth; add the yolks of 2 eggs and 1 teaspoonful each of lemon and onion juice; now add 1 teaspoonful of chopped parsley, one-half cupful of bread crumbs, and the beaten whites of 2 eggs; stir well together, add the salmon, mix thoroughly and put into a buttered baking dish; set the baking dish in pan of boiling water and place in hot oven to brown. Garnish with parsley.

18. *Scalloped salmon*.—One pound can of salmon, one-half cup of fine dry bread crumbs; 1 tablespoonful butter; 1 heaping tablespoonful flour; 1 pint

good rich milk; salt, pepper, and paprika. Melt butter in a saucepan, add flour, and stir until melted and mixed but not browned. Remove from the fire and slowly add milk until smooth. Then return to fire to thicken like cream. Add a little salt, pepper, and paprika to suit taste. Remove salmon from the can, remove any bits of bone and skin, and separate the flakes of salmon with a fork. Now butter a pudding dish, put in a layer of bread crumbs, then a layer of salmon, and cover with the dressing. Lastly cover top with crumbs and bits of butter and place in the oven about 20 minutes to heat through thoroughly and brown on top. The size of the baking dish will regulate the number of layers of salmon, etc.

19. *Scalloped salmon*.—One can of salmon; remove all bone and bits of skin; mince fine. Roll 1 dozen crackers fine. Put in a buttered baking dish in alternate layers, adding bits of butter and a sprinkling of salt and pepper to taste. Have the top layer of crackers, and add sufficient milk to moisten the whole mass (about 1 pint). Bake 30 minutes and serve hot.

20. *Scalloped salmon*.—One can of salmon, 1 pint of milk, 1 egg, 1 heaping tablespoonful butter, 2 rounding tablespoonfuls flour. Put the milk on stove in double boiler, keeping out one-half cup. Mix butter and flour to a smooth paste, and add the egg well beaten, then the one-half cup of cold milk. Mix well and then stir into the milk, which should be scalding. Stir until smooth and thick like gravy. Season with salt and pepper and set aside to cool. Butter a baking dish and fill with alternate layers of flaked salmon and the cream dressing. The top layer should be of the dressing. Sprinkle with cracker crumbs and bake one-half hour in moderate oven.

21. *Scalloped salmon*.—One can of salmon, 4 tablespoonfuls of butter, 2 tablespoonfuls of flour, $1\frac{1}{2}$ pints of milk, 1 teaspoonful salt. Mix cream, butter, and flour together, add the milk, and cook until thick. Butter the baking dish, cover the bottom with fine cracker crumbs (or flaked hominy), add a layer of salmon picked apart and bones removed. Then add a layer of cracker crumbs (or hominy), alternating with salmon. Pour the hot dressing over it. Place in the oven and bake 20 minutes.

BOILED DISHES.

22. *Salmon and tongue en casserole*.—One can salmon, 1 veal tongue, butter, sherry wine or vinegar. Cook veal tongue in salted water until tender. Cut tongue into small pieces, place in casserole with 1 can of salmon freed from skin and bones, dot well with butter, add one-fourth cup boiling water. Pour over whole a wineglassful of sherry wine or 2 tablespoonfuls tarragon vinegar. Boil slowly about three-quarters of an hour and do not open until ready to serve.

23. *Salmon in potato border*.—While potatoes are boiling prepare the salmon as follows: To 1 can add 2 tablespoonfuls of butter, 1 teaspoonful of salt, a little paprika, 2 cups of milk, and 1 cup of fine bread crumbs. Boil together in a saucepan and rub until smooth; keep in a warm place while you mash the potatoes and arrange them in a border on a platter. Heap the hot salmon in the center; dot the potato border with butter. An extra touch may be added by pouring a cup of white sauce over the salmon and garnishing with slices of hard-boiled eggs.

24. *Salmon à la Créole*.—Cook in 2 heaping tablespoonfuls of butter 1 finely chopped green pepper, 1 minced onion, and 1 chopped tomato (or one-half cup of canned tomatoes); add 1 cup of milk; stir until the pepper and onion are soft; add 1 can of salmon, drained and minced; simmer; serve hot.

FOR CHAFING DISH.

25. *Barbecue of salmon*.—Marinate 1 can of salmon in 1 tablespoonful of pure olive oil, 1 tablespoonful of minced onion, 1 teaspoonful of cider vinegar, 1 teaspoonful of salt, and 1 tablespoonful of Worcestershire sauce. Into the upper part of the chafing dish put one-fourth teacupful of tomato catsup, 1 tablespoonful of butter, a few capers, and one-fourth cup of hot water; stir until hot and add the marinated salmon; stir well; add one-half can of peas (drained and washed; cover and let stand over the hot-water pan until quite hot. Serve hot from the chafing dish, accompanied by sandwiches of thinly sliced brown bread.

26. *Salmon à la Newburg*.—Dissolve 1 dessert spoonful of corn starch in 1 pint of cold milk; add 1 tablespoonful of butter, 1 beaten egg, and cook until thick; season with salt and paprika to taste; add 1 can of drained salmon, 1 teaspoon-

ful of lemon juice, and 3 tablespoonfuls of double cream. Serve on toasted bread or crackers.

27. *Salmon Hollandaise*.—Melt 2 tablespoonfuls of butter in the upper pan, add 1 can salmon (drained), 1 can of peas (drained and washed in cold water), 1 level teaspoonful of salt, and a little paprika; add the juice of 1 lemon and stir until hot; serve on toasted crackers.

28. *Creamed salmon in chafing dish*.—Three large tablespoonfuls of butter; melt; stir in a large tablespoonful of flour and one-half teaspoonful of dry mustard; 1 cup of milk; stir until a thick gravy; then stir into this 1 cup of flaked salmon; season well with salt, pepper, and paprika; one-fourth teaspoonful of Tabasco sauce, and, the last thing, pour into this one-half cup of catsup; serve on hot toast or on toasted crackers.

29. *Salmon in chafing dish*.—Put into the blazer 2 tablespoonfuls of butter, a finely minced onion, a sweet green pepper minced and seeded; and a cup of tomatoes; let it cook 2 or 3 minutes; then add one-half cup of boiling water and one-half pint of canned salmon; salt to taste; serve as soon as fish is heated.

CREAMED SALMON.

30. *Creamed salmon*.—One can of salmon; 1 quart of sweet milk; 3 ounces butter; 3 eggs; 2 ounces flour; 1 ounce chopped onion; salt, pepper; melt together butter and flour, and when creamy add 1 quart hot milk; add onion, salt, and pepper; break in 3 raw eggs, and draw to back of stove till eggs set and will remain in chunks when stirred; add salmon after removing skin and bones; put back on fire and let boil up once.

31. *Creamed salmon*.—Make a good white sauce by rubbing a tablespoonful of flour into a tablespoonful of melted butter; when smooth add 1 cup of cold milk, and stir while it is cooking; add 1 can of salmon separated into small pieces; if the sauce seems too thick, add a little of the liquor from the fish; serve this on soft buttered toast or square soda crackers; this may be varied by adding one-half teaspoonful of curry powder to the sauce, rubbing it in with the flour and butter; serve for breakfast, dinner, or supper. It can be prepared in 10 minutes.

32. *Creamed salmon*.—One can of salmon; 1 cup milk; 2 level tablespoonfuls flour; 2 level tablespoonfuls butter; 1 teaspoonful chopped parsley; melt butter; add flour, rubbing together over blaze until flour begins to cook; add milk, stirring constantly; boil till smooth; add parsley and salmon; keep on stove till salmon heats through; serve on squares of buttered toast or in pastry cups.

MISCELLANEOUS.

33. *Curried salmon*.—Melt 2 tablespoonfuls of butter in a saucepan, add one-third cup of flour, and 1 teaspoonful of curry powder; rub smooth in 1 pint of milk; stir until it boils; season with salt; add 1 can of salmon, and heat thoroughly while stirring; place in center of a platter, and border with hot boiled rice seasoned with salt and dotted with butter.

34. *Salmon fritters*.—One and one-third cupfuls of pastry flour, 2 level teaspoonfuls baking powder, one-fourth teaspoonful of salt, 1 egg, two-thirds cup of milk. Mix and sift dry ingredients, add milk gradually, then egg well beaten. Season three-fourths of a cup of minced salmon with salt, cayenne pepper, and lemon juice, if desired. Add to the batter and drop by spoonfuls into deep fat and brown. Drain on brown paper and serve hot with Tartar sauce.

35. *Salmon stuffed hot rolls*.—Bake ordinary full crust rolls. Use one roll for each person; cut off the tops of the rolls, scoop out the crumbs, brush inside and outside with melted butter, and put into hot oven until they are a delicate brown. Make a creamed salmon with chopped parsley and the whites of hard-boiled eggs in it. Heat the cases, fill with the creamed salmon, cover, and serve.

36. *Salmon croquettes*.—One pint of chopped salmon, two-thirds cup of cream, 1 large tablespoonful of butter, small tablespoonful of flour, 2 eggs, two-thirds pint of bread crumbs; salt and pepper to taste. Mix the flour and butter, let cream come to boiling point, stir in butter and salmon and seasoning. Boil two minutes, let get cold. Form into croquettes and fry in hot lard.

37. *Salmon with white sauce*.—One large-sized can of salmon. Heat the salmon and put on platter in one piece if possible. Make white sauce and pour over the salmon. Have 3 eggs hard boiled and slice over top. Garnish with parsley.

38. *Salmon patties*.—One can of salmon. Pour off oil and remove all skin and bones and break into flakes. Melt 1 tablespoonful of butter in a saucepan, mix smoothly with it 2 tablespoonfuls of flour; then add slowly 2 cups of milk and season with 1 teaspoonful of salt, one-half teaspoonful of pepper, a dash of mace, and 1 teaspoonful parsley minced very fine. Add flaked salmon, cook four minutes, stirring constantly. Put in patty shells and serve.

39. *Salmon omelet*.—One-half can of salmon, 4 eggs, nutmeg, salt and pepper, 4 tablespoonfuls of boiling water. Beat eggs light (the whites separately), add salmon minced and drained, seasoning, and lastly add hot water. Put in well-buttered omelet pan, cook till firm. Serve with toast for breakfast.

40. *Salmon hash*.—One can salmon flaked coarse; 1 cup rolled cracker crumbs; 1 cup milk. Have a skillet hot; place in it 2 tablespoonfuls of butter; when melted, put in the cracker crumbs; stir; add the flaked salmon; stir; season well with pepper, salt, a dash of cayenne; then mix one-fourth teaspoonful of dry mustard with the oil that was on the salmon and stir into the mixture; then stir in 1 cup of milk. When the whole is thoroughly heated through and thick it is ready to serve. This makes an excellent dish to prepare on short notice.

41. *Salmon eggs*.—Three hard-boiled eggs, one-half cup shredded salmon, 2 tablespoonfuls mustard pickles, 4 chopped green olives, salt and pepper to taste, 3 tablespoonfuls of mayonnaise (thin with lemon juice or vinegar). Cut eggs in half, remove yolks. Mix together yolks, salmon, pickles, olives, mayonnaise, salt, and pepper. Put this mixture into the halved whites of eggs. Serve on lettuce leaves, with a teaspoonful of thick mayonnaise on each egg.

42. *Dressing for loaf*.—One cup sweet milk (added to the juice of salmon), 1 tablespoonful butter, 1 tablespoonful of flour; cook till thick. Add 1 egg beaten light and pour over loaf.

43. *Sauce for salmon*.—Thicken 1 cup of boiling milk with 1 teaspoonful of cornstarch (or flour) and 1 tablespoonful of butter rubbed together. Add liquor from the salmon, season with salt, cayenne, and 1 tablespoonful of tomato catsup. Just before taking from the fire add 1 beaten egg.

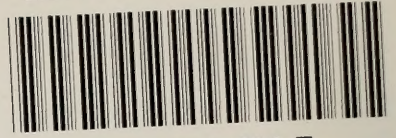
44. *Salmon soup*.—One can of salmon; bring 1 quart of milk to boil in double boiler, season with pinch of salt, pepper, and Spanish saffron, also a dash of nutmeg, if liked; then thicken with 3 tablespoonfuls of flour rubbed into 3 ounces of butter. Add contents of a can of salmon carefully freed from bones and skin and rubbed to a paste. Blend all carefully, and just before taking up add one-half teaspoonful onion juice and sprinkle with shredded parsley.

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